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Claims:

1. A method of bleaching a textile, the textile carrying a stain, the method comprising the following steps:

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(i) adding a unit dose of a bleaching composition comprising: iodine or a source thereof in the range from 0.0005 wt% to 5.0 wt %; and, the balance carriers and adjunct ingredients to an aqueous medium thereby providing
10 an aqueous iodine bleaching environment;

(ii) contacting the textile with the aqueous iodine bleaching environment;

15 (iii) rinsing the textile with water; and,

(iv) drying the textile.

2. A method according to claim 1, wherein the aqueous
20 iodine bleaching environment comprises iodine at a concentration in the range from 3 to 30 ppm.

3. A method of bleaching a textile according claim 1, wherein the bleaching composition comprises a builder.

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4. A method of bleaching a textile according claim 1, wherein the bleaching composition comprises a fluorescent agent.

30 5. A method of bleaching a textile according to claim 1, wherein the bleaching composition comprises an enzyme.

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6. A method of bleaching a textile according to claim 1, wherein the aqueous iodine bleaching environment is buffered in the pH range from 4 to 9.

5 7. A method of bleaching a textile according to claim 6, wherein the liquor is buffered in the pH range from 7 to 9.

8. A method of bleaching a textile according to claim 1, wherein the unit dose is provided in the form of a liquid.

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9. A method of bleaching a textile according to claim 1, wherein the unit dose is provided in the form of a solid.

10. A method of bleaching a textile according to claim 1,
15 wherein the iodine or source thereof has been coated and/or cocranulated with a substance that reduces the vapour pressure of iodine.

11. A method of bleaching a textile according to claim 1,
20 wherein the bleaching composition comprises a surfactant in the range from 0.5 wt% to 50 wt %.

12. A method of bleaching a textile according to claim 11,
25 wherein the bleaching composition comprises a surfactant in the range from 5 wt% to 20 wt%.